

### Pets really are good for you

The Pet Care Trust has produced a report outlining the benefits of pet ownership to human health. The 32 page booklet, 'Pets are good for you . . .', draws on research and reports from organisations around the world to describe the various ways in which keeping a pet appears to have a positive effect on their owners' health and wellbeing.

The report describes the findings of various studies into the benefits, which are both physical — such as improved cardiovascular health and stronger immune systems — and psychological, with pet owners being apparently less affected by stress and anxiety. In addition, it discusses other ways in which pets can improve their owners' lives, such as in educating children about responsibility and death, providing companionship and, sometimes, allowing people to form more social contacts and friendships with other pet owners.

The report has been distributed to doctors' surgeries throughout the UK, and copies are also available on request from the Pet Care Trust, telephone 08700 624400, e-mail: [petcare@petcare.org.uk](mailto:petcare@petcare.org.uk). An electronic version of the report can be downloaded from [www.petcare.org.uk](http://www.petcare.org.uk)